

How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Practicing Proper Lifting and Carrying Techniques
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/GI/Pages/SSO.aspx>



CA ARNG State Surgeon's Office

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SSO Email: ng.ca.caarng.mbx.sso@mail.mil



Diabetes

>>> (with prior history or diagnosis)

California Army National Guard
State Surgeon's Office



Diabetes

You have a prior diagnosis of **Diabetes**. This is a long term condition where the body does not utilize the sugar in your body properly. You will need to have several tests done by your medical provider to determine how well controlled your **Diabetes** is.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Diabetes**. You need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.



What the State Surgeon's Office Initially Needs from your Medical Provider:

- Diagnosis (what is your medical condition)
- Prognosis (what your doctor thinks your likely outcome will be)
- Repeat Fasting Lipid Panel
- Hemoglobin A1c test
- Kidney Function tests
- Urinalysis with Assessment of Microalbuminuria (urine test)
- Eye exam
- Podiatry Evaluations with Monofilament Discrimination (foot evaluation)
- Treatment Plan (dietary changes, lifestyle changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)

-What physical activities you can and cannot do (e.g. running jumping, and lifting)

For Your Medical Provider :

This patient is an Army National Guard Soldier with history of **Diabetes**. Army regulation requires further evaluation of this patient. Please provide most recent lab results, to include lipid panel, Hemoglobin A1c, renal function studies and urinalysis with assessment of microalbuminuria. Please forward results of routine ophthalmology and podiatry evaluations, to include monofilament discrimination. Please provide current treatment plan, medications with dosages and frequency of follow-up visits. Comment on the patient's physical limitations (if any) on attached assessment sheet. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests